



Hello Everyone,

As I write this, we are waiting for another announcement regarding local restrictions for us in this area. I hope you are all well and safe and coping with our current situation.

A warm welcome to all our new members who have joined since the beginning of October, I hope you enjoy your membership and look forward to meeting you as soon as we are able. Although we are unable to meet face to face at the moment please take advantage of all the things available to you. Your own WI will do things to engage members. You will get a WI Life, a monthly magazine, direct to your home, Federation newsletters every two weeks. You will get invitations from other WI's in the Federation to join their zoom sessions and access to the activities the Federation is trying to provide, make sure you like your WI's and the Federation facebook pages. You can also get access to the National members only website "My WI" which holds a wealth of information about the WI but also has recipes, craft projects, science and art information and lots of varied resources to keep you busy.

One of the strengths of the WI is the friendship and kindness shared amongst WI members, never more important than it is today when the situation we have been in since March has taken its toll on us all.



This week, World Mental Health Day, promoted lots of discussions around the subject of depression and how it has been exacerbated by lockdown and all the covid restrictions. Its refreshing that it is becoming more acceptable for us to say "Actually I'm not ok!". I am

someone who has suffered from depression since I was a teenager but didn't recognise it as such until I was in my late forties because no one talked about it. Many years ago, I worked for a boss who if he knew a staff member took medication for depression immediately identified them as a 'loony' to be side-lined as much as possible. Thankfully people are much more aware these days. I've never made a secret of taking my 'happy pills' which are enough to keep away the heavy feelings from my shoulders. I consider myself hugely fortunate in having family around and many friends. My WI friends have been so important to me in the last 8 months, whether its phone calls, Facebook and What's App messages or meeting for a walk in the park when we were able.



Like many people suffering from depression I developed coping strategies to deal with it, I've always tried to keep busy, always have something in the diary to look forward to, escape to another world via a book. However, some coping strategies can be destructive, finding an escape in drinking, eating too much, drug taking can all develop into further issues to create problems. Sometimes these can be the indicators that someone is depressed.

If you're feeling down, sad or unhappy please talk to someone, if someone is talking to you please listen to them. Sometimes all a person needs is a listening ear, we can't tell people how they should feel we need to accept how they are feeling and be there to support. Look after yourselves and those that you love.

Last Thursday we had a committee catch up on zoom and it was a pleasure to talk to about 27 committee members representing 13 different WI's. It was a great opportunity to share ideas and practices carried out by the WI's. An update was given about information that has come from National Federation of WI's.

News from National

If you're worried or puzzled as to why your WI hasn't had an Annual meeting it is because they are following the guidance sent by National. The guidance was two-fold and the NFWI were waiting to see if it would be extended by the end of September but the guidance was overtaken by changes in the National regulations bringing in 'the rule of 6' and then again changed by local lockdown regulations. WI committees who haven't been able to meet and were unable to zoom meet, minuted the reasons why they weren't having meetings and filled in the required financial statements and reports in the appropriate places. I am in no doubt that there is more guidance currently being composed and I'll keep you informed when it arrives.

STOP PRESS – Tuesday 13th October 2020

The latest information we have is that as a 2nd tier area, regulations remain the same as recently, with the exception that groups of six from different households can now meet in the open air or in parks. As you can see from information in other areas of this bulletin, we are trying to extend Federation activities. We did have a glorious month when we were able to meet upto 30 in the right circumstances. All the Federation committees will meet just after this newsletter goes out so look out for more activities to be announced in the next issue.

'TRY THE WI' for £10.75 Taster Membership

Our taster membership initiative is going strong and we have welcomed about 12 new members since the beginning of October. Don't forget to share the information with your friends and give them the opportunity to find out what the WI is all about. £10.75 from October 1st – March 31st.

'Count me in Survey'

Please take the opportunity to complete the 'Count Me In' Survey. You can do it online via My WI website or complete the paper copy in the October edition of the WI Life Magazine. The WI are trying to get a true picture of the membership of the WI so they are able to provide activities and developments targeted



at members. Its easy to make assumptions about the membership but this will give a more upto date picture, I urge you all to fill it in.

Black History Month

October is Black History Month and each day the NFWI on their website is highlighting Black women who have made changes to history. The profiles are very interesting and illuminating I look forward to reading them each day.

Denman College

As you know Denman College is closing and the NFWI is consulting with members about the future of the Denman Trust. The Trustees are asking that members make a formal representation via email or hard copy letter on two points.

1. The proposed sale of Denman estate.
2. The suggested revised charitable objects for the Denman College Trust.

If you do wish to make a contribution to the consultation you must do it by 9am Friday 30th October 2020. Letters should be addressed to NFWI, Board of Trustees (Denman Representations), 104 New Kings Road, London SW6 4LY. The Federation Trustees will be sending a response on behalf of the Federation.

Happiness Hits

Backed up by research! Try these quick tricks to feel good

Focus on Thursday – not the weekend

When London School of Economics boffins followed the happiness levels of nearly 45,000 people, by getting them to use a smartphone app called Mappiness, they found that Thursday was consistently the day when people reported being most happy. Make Thursday the new Friday and you still have the weekend to look forward to.



Get outside in your lunch break

Eating lunch at your desk makes you miserable, according to University of Sussex researchers. Eat outside – preferably in a green space, such as a park, for an instant mood boost. Or take a stroll. Those who took 30-minute walks during their lunch breaks three times a week for 10 weeks reported feeling more positive about their jobs on the days they walked – and enjoyed their afternoons more.



Variety is the spice of life

Simply mixing up your daily routine, such as walking somewhere different, is one of the keys to happiness, according to a new study. "People feel happier when they go to novel places and have a wider array of experiences," explained Catherine Hartley, a psychologist at New York University. The relationship goes both ways, too. Exploring seems to make people happier, and people who are happier explore more.

Try yoga

You don't need to be super-flexible to benefit. A study from the Boston University School of Medicine found that people who did yoga for an hour, three times a week, boosted their levels of a special mood-lifting substance called gamma-aminobutyric acid (GABA). This was comparable to other participants who walked for three hours.



Get a cleaner

Those who spent £30 to save time, for instance by paying for others to complete their chores, were happier than those who used it to buy a physical item. Dr Elizabeth Dunn, a psychologist at the University of British Columbia, said, "In a series of surveys we found that people who spend money to buy themselves more free time are happier – that is, they have higher life satisfaction."

Forget 'likes'

Life experiences and memories will bring us more happiness than material goods. But for some, documenting their experience is far more

important than actually enjoying it. Are you so focused on getting a perfect picture for Instagram or Facebook that you miss out on enjoying the moment? Next time you are doing or

seeing something amazing, take one or two pictures and then turn off your phone. Pay full attention to your surroundings and take note of how the experience is making you feel.

Buy a colleague a coffee

"Research has consistently shown that acts of generosity are linked to higher levels of mental wellbeing," explains Rachel Kelly, author of *Walking On Sunshine: 52 Small Steps To Happiness* (Short Books, £7.99). "Noble deeds make us more forgiving of others, and therefore more forgiving of ourselves."



Feeling a bit fed up having to balance all these restrictions, try some of these to perk yourself up!



Dates for your Diary –

| Date and Time | Event | Meeting ID and Password |
|--|---|--|
| Thursday 19 th November 7pm | Federation Quiz | 847 6143 8080 questions – all lower case |
| Tuesday 15 th December 7pm | The Joys or Otherwise of the Festive Season | 851 5446 7700 488 313 |
| Saturday 19 th December Time to be confirmed | Carol Service at Durham Cathedral | TBC |
| Thursday 28 th January 2021 7pm | Cookery Demonstration (Vegetarian for Life) | 867 91811224 vegetarian |
| Thursday 25 th Feb 2021 7pm | Bakery Demonstration – Artisan Breadmaking | TBC |
| Thursday 25 th March 2021 7pm | Flower Arranging | TBC |
| CRAFT DEMONSTRATIONS | | |
| Sat Nov 7 th 10.30am | Edible Novelties for place settings or Christmas Cake Decorations | Meeting ID 838 8887 2126 Password – christmas all lower case |
| Sat Dec 12 th 10.30am | Christmas Wrapping with a Twist | Meeting ID 813 5842 5935 Password – wrapping all lower case |
| Sat Jan 9 th 2021 10.30am | Archive Tags | 818 3298 0331 wrapping |
| Sat Feb 6 th 2021 10.30am | Valentine Tokens | 816 0790 7881 valentine |
| Sat March 6 th 2021 10.30am | Easter Crafts | 885 6437 7125 easter |
| Sat May 1 st 2020 10.30am | Faux Enamelling | 870 5685 9801 enamel |
| Sat June 5 th 2020 | Paper Roses | 841 2831 2909 paperroses |

Join us on Saturday 7th November for the virtual craft demonstration

| | | |
|---------------------------------|---|--|
| Sat Nov 7 th 10.30am | Edible Novelties for place settings or Christmas Cake Decorations | Meeting ID 838 8887 2126 Password – christmas all lower case |
|---------------------------------|---|--|

These are the items I will be using on this craft demonstration. Have them to hand if you want to have a go afterwards.

Equipment

Knife, Board, Rolling Pin, Small Paintbrush, Cocktail Sticks, Small Cutters.

Ingredients

Rice Krispie treats, White Sugar Paste, Coloured sugar pastes, Crème Eggs, Walnut Whips, Digestive Biscuits (or small silver card circles), Food Colouring



Get ready for the December Craft by having to hand

Christmas Wrapping Paper

Scissors

Double Sided Tape

Sticky Tape

Glue Stick

Assortment of ribbon and decorations.



www.denman.org.uk/. There are more events listed upto 12th December on the website. Here's a sample for the coming week.

| Date and Time | Event | Cost |
|--------------------------------------|---|-------|
| Wednesday, 14 October 2020 at 8:00PM | Peter's Talk on Gallows, Gangsters & Good Time Girls (Evening) | £5.00 |
| Thursday, 15 October 2020 at 2:00PM | Peter's Talk on Southwark - A Dickens of a Place (Daytime) | £5.00 |
| Thursday, 15 October 2020 at 6:00PM | Vegetarian Cook-Along with Alex - Mediterranean Pizza Pie | £5.00 |
| Thursday, 15 October 2020 at 7:15PM | Improving Your Photographs with Janine - Photography Tips and Techniques | £5.00 |
| Friday, 16 October 2020 at 11:00AM | Simon's Talk on The Imperial War Graves Commission and The Creation of WW1 Cemeteries and Memorials (Morning) | £5.00 |
| Friday, 16 October 2020 at 2:00PM | Autumnal Stitched Art with Claire | £5.00 |

What have you been upto this week?



Well done to Tunstall WI who have designed themselves a new logo. Isn't it gorgeous and quite apt at having 'forget me nots' as part of the design – they will certainly remember the year they developed

this logo. In keeping with the theme all members all received a seed card of forget me nots to let them know they were not forgotten despite the lack of

meetings. Hopefully, next year, the WI will blossom and grow like the seeds. I think this is really beautiful, Joanne had a tear in her eye when she saw these. Back in September before the local restrictions were in force



Herrington WI had a coffee morning at the Board Inn. They had a pretty good turnout and were not to be beaten after local lockdown when they have had their first Virtual Bingo Session. Lots of prizes won and a great night was had.



Mary Gourley sent us a small sample of the hedgehog nests which have been made by members of Whickham Fellside W.I. and Dunston U3A, a joint charity knit and natter group. They were taken to a rescue centre and one was put to good use straight away for a tiny featherless pigeon 😊 aren't they cute

During lockdown Mary treated herself to an embroidery machine She had been wanting a new sewing machine for ages and finally decided to take the plunge. Well, who knew what gorgeous items could be made completed in an embroidery hoop – She has become completely addicted to making stuff and buying patterns, so much so Mary has opened an Etsy store. She is always delighted when someone orders an item and takes great pleasure in making a unique item for you. Why not have a browse <https://www.etsy.com/uk/shop/MGStitchandCraft>.



Mary has been in hospital recently for a hip replacement, we would like to wish you all the Mary on your road to recovery. Get back in the sewing seat!!!



Members of Rowlands Gill were also treated this week when they received a gorgeous card each from the committee.



Sisters of Shields sent in this report

“We had a virtual pub crawl last week where some of our members took part & most of us decided to be licensee’s for the night. We welcomed each other virtually to our establishments - The Staying Inn, Woo’s Woolpack, the Lounge Bar, The Moody Cow, the Yorkshire Arms, Lockdown Lounge



& the Isolate Inn (track & trace in place 😊) which ranged from traditional pubs, beer gardens, themed bars & a last minute pop up bar. It was also a bit of a getting to know you better night too, so we all played 2 truths and 1 lie. Some of them were really difficult, any of the statements could have been correct. Loads of catch up chat too , topics included Covid tests, out of date food, keep fit exhibitions, sweet mince

pies , holidays..... it really is good to talk. Professor Sir Cary Cooper, professor of organisational psychology at Manchester Business School, said: 'Brits love the social connection of going to the pub – but we can still get that connection in a virtual pub. It's still face-to-face. “The best way to boost your spirits now is to talk to someone, and that can be done face-to-face over the internet while having a drink.”

What the WI means to me ????

Lynda Alexander of Washington Station WI sent these lovely words in on what the WI means to her “My husband and I had moved away from the area and I had a 'very' full time job, regularly staying away from home. When I retired in 2007, we decided to move back to Rickleton and start planning our life ahead. Once we got settled in I suddenly found that the majority of my friends and colleagues had moved on and as I was from a very small family I found I needed a friend!! That's when I joined the W.I. Initially I joined a small group, the welcome, warmth and friendship was fantastic. I soon became involved as social secretary, then treasurer and then blow me down I was President and loved every minute. Our group unfortunately closed due to lack of membership but before it did we had a visit from 2 ladies from another branch. Margaret Carter and Jan Hobson who were our admin facilitators and they guided us through the process. They were so helpful and informative at that difficult time it made the process so much easier. I liked them so much I joined Washington Station to see how it compared to my old group and have never looked back. The W.I. to me is a comfy blanket of lovely friends who (in normal times) can meet up to laugh, share problems, travel and just literally have a good time. Ladies together can let their hair down and have a good time and forget their age, size or hang-ups. The presentations are educational, amusing and fun and to have a say about issues for the annual resolution is interesting, thought provoking and empowering. Our W.I. Life magazine joins all areas together with stories of the day and ideas for the future, always a good read. The welcome, warmth and friendship has never

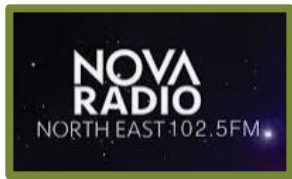
diminished over the years and I hope it never will for anyone who has the foresight to join the Women's Institute in any area. Long may it continue. Thank you W.I.”



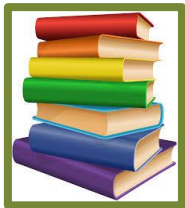
Happy Birthday Jarrow WI, celebrating 40 years



Jarrow WI has marched on in style and we are now celebrating our 40th birthday this October. We started off as Hedworthfield WI back in 1981, which was the name of the district of Jarrow where we first met. No-one outside of the immediate area knew where we were and so when we moved venues to our current meeting place, we changed names, and our numbers went from strength to strength. We have a lot of fun and members are a great support to each other, in both happy and, more recently, these difficult times. We all look forward to the best birthday party we can ever have as soon as it is safe to do so.



On Nova Radio North East, Sundays 2-4, Julie Pendleton will be chatting with Craig Phillips, Big Brother's 1st winner and DIY expert, local female Butcher Charlotte Mitchell owner of "Charlotte's Butchery" in Gosforth who regularly appears on Saturday Morning Kitchen; Julian Perryman from DIY SOS and Ali Capper who owns and runs apple and pear orchards overlooking the Malvern Valley and is also the Chairman of the NFU Horticulture and Potatoes Board.



Read and Rhyme –

Following on from last week's reviews when I said I had enjoyed the 'Vera' series of books, Teresa Rowell has recommended the Shetland Series also wrote by Anne Cleeves. This has also been made into TV series and she can picture Dougie Hensall as the inspector. Teresa has visited the sites of most of the crimes, his office, coffee shop, which she would highly recommend it a day out when we can travel about more freely.

Along with the new releases featured here I must tell you that I have just finished Ken Follett's "The Evening and The Morning" I am a great fan of Ken Follett's work; I've read them all. This is a prequel to "The Pillars of the Earth" and it's a great read, I thoroughly enjoyed it and would recommend it. This week I've also read the latest in Nancy Revell's "Shipyard Girls" series set in Sunderland. "A Christmas wish for the Shipyard Girls" continues the tales about the women who work as welders



The Other Girl

by CD Major

(£8.99, PB, Thomas & Mercer)

This historical thriller is set in 1940s New Zealand. We meet Edith, who was sent to Seacliff Lunatic Asylum when she was just five. Fifteen years later, a fire that destroys the institution puts her in the hands of the police and a doctor, Declan Harris. A creepy, captivating read.

during the war. If you've read any of the books, it's like meeting old friends as we hear more about their wartime trials and tribulations.

Why not go foraging this week or try something new Joanne is



Rosehips

Way higher in vitamin C than oranges, rosehips were used during the war to prevent scurvy. The bright red and orange berries appear on field and dog roses. Their sweet flavour is delicious in syrups, jelly and tea. Make sure to remove the seeds and hairs before using.

Rowan berries

Like sloes, the small bright berries of the rowan (or mountain ash) are inedible uncooked. Use them to make a delicious jelly.



Elderberries

The frothy white flowers of the elder give way to clusters of inky berries in the autumn – perfect for crumbles, pies, jams and even liqueur. And, as you won't find them in shops, they really are a food that money can't buy.



Blackberries

The autumn ritual of blackberry-picking is a childhood rite of passage – remember those purple fingers? The easily identifiable berries are at their best in August and September. Pop some in the freezer to keep you going through winter.



Sweet chestnuts

Not just for Christmas, sweet chestnuts are abundant in autumn when they fall to the ground in their prickly green coats. (Not to be confused with horse chestnuts, which are toxic.) Pierce the skins, then pop in a baking tray and roast for about 30 minutes, or put on the hob to boil.

Let's go FORAGING!

Delicious berries, fruit and nuts abound in our countryside right now – and they're all free!

Autumn is when our hedgerows and fields are filled with nature's goodness. And foraging for it is a win-win situation. What could be better than free food and fresh air? Just remember to leave enough

for wildlife, and to ask permission if the land is privately owned (foraging is legal in public spaces). And, of course, always be sure you can identify a food before eating it. Here are some of our favourite pickings.



Crab apples

These dinky apples, found in hedgerows and gardens, are too tart to eat raw. But thanks to their high pectin content and tangy flavour, they do make wonderful jams and jellies. Use the leftover puree to make crab apple cheese – a delicacy traditionally served with cold meats and cheese.

Beechnuts

Also known as beech mast, the triangular-shaped nuts of the beech tree are one of autumn's best-kept secrets. They're high in healthy fats and protein. Remove the brown husks, then roast or dry fry them (this destroys the toxins) before peeling away the brown skin. Similar to pine nuts, use them in pesto, muesli or crumble, or simply toss with melted butter and salt.



Dandelions

These cheerful yellow flowers make good honey. Or is it syrup, since no bees are involved? Either way, it gets our vote.



Sloes

Best picked when plump and squeezable, the dark berries of the blackthorn bush are too dry to eat raw. But they make a terrific tippie. The only question is what to drink, gin or vodka?



Daydream Sewing & Crafts

29 Sep · 🌐

Good morning, some of you may know I set up a social enterprise with 2 fellow artists (Joy & Jayne) this year to enable us to apply for funding to aid health and wellbeing and reduce isolation, especially during these strange times. Our social enterprise is called Cultural Creatives CIC

Anyway, we are so pleased to have secured some funding for South Tyneside to start our 9-week online sewing and craft project next week! 😊

You may remember last week on our Federation Facebook page I posted a great opportunity for some **younger** women to get involved with a group called Cultural Creatives. Well Joanne has been lucky enough to secure one of the 10 spaces and will start the course very soon. It is actually a 12-week course where she will be given all the materials to learn a new craft every week, everything

from Material dying to quilting, Applique and making a lamp shade. She has to commit to doing one a week so no UFO's here!!!! - **We are expecting big things from you Joanne. Watch out for her photos**

We received the following from a company specialising in free courses while maintaining social distancing. The courses they offer are all nationally recognised and have been designed around a flexible learning delivery model and can be completed paper based or on a computer. This means learners do not attend a classroom but still receive high-quality support throughout their learning journey. There is a wide selection of courses available. Why not have a look www.wefindanylearner.co.uk.

Christmas Corner



Now is a good time to make your mincemeat and this is a great recipe which is a little bit different, no suet and you can make it well in advance. Make some for gifts.

For the mincemeat

75ml (2¾fl oz) Port wine

75g (2¾oz) dark brown sugar

1 tsp ground ginger

½ tsp ground cloves

1 tsp ground cinnamon

2 small apples, unpeeled, grated

150g (5½oz) sultanas

150g (5½oz) raisins

50g (1¾oz) dried cranberries

grated zest and juice of

2 clementines

1 tsp vanilla extract

½ tsp almond extract

2 tbsp honey

1 To make the mincemeat, warm the Port and brown sugar in a saucepan over a low heat, swirling until the sugar dissolves. Add the spices, grated apple and dried fruit, along with the zest and juice of the clementines. Cook for around 20 minutes over a medium heat, stirring every so often to ensure the mixture isn't sticking. Once the liquid has reduced, turn off the heat and add the vanilla and almond extracts and the honey. Beat well. Transfer the mixture to jars (which makes a lovely gift) or an airtight container. This will keep for a good few months, but can also be used the same day (once cool).



Two great recipes for you this week - More comfort food, - Mince Pie Cookies and what could be nicer than a rice pudding with a twist or a silky baked custard? Good ways to use up surplus milk

Mince pie cookies

MAKES 12 PREP 15 mins

COOK 12 mins EASY V

✳ dough only

120g salted butter, softened
75g golden caster sugar
1 medium egg
1 tsp vanilla extract
4 tbsp (about 100g) mincemeat
(vegetarian, if needed)
180g plain flour
½ tsp bicarbonate of soda
1 tsp cinnamon
150g dark chocolate, broken
into chunks

1 Heat the oven to 180C/160C fan/gas 4 and line two baking sheets with baking parchment. Beat the butter and sugar until very light and fluffy, then beat in the egg and vanilla. Stir in the mincemeat until combined, then the flour, bicarb, cinnamon, chocolate and ¼ tsp salt.

2 Scoop tablespoons of the mixture onto the sheets, leaving space between each for spreading. Bake for 10-12 mins, or until firm at the edges but soft in the middle – they will firm up a little as they cool. Leave to cool on the sheets slightly before eating warm, or transfer to a wire rack and leave to cool completely.

PER BISCUIT 258 kcals • fat 14g • saturates 8g •
carbs 27g • sugars 14g • fibre 2g • protein 3g • salt 0.4g



MILKY WAYS

These five perfect puds all make use of a simple ingredient – milk!

Baked lemon & vanilla rice pudding

■ Heat the oven to 140C/120C fan/gas 1. Put **600ml milk**, **450ml single cream**, the **zest of 1 lemon** and **1 vanilla pod** in a pan. Bring to a simmer, stir in **25g caster sugar** and **100g short grain pudding rice**. Transfer the mixture to a shallow baking dish and dot over **25g butter**. Bake for 30 mins, then stir well and cook for 1 hr more until the pudding is soft and creamy, with a golden skin. The depth and type of dish will affect cooking time, so if the pudding seems too loose, return to the oven and check every 10 mins. Rest for 10 mins before serving. Serves 4-6

Lemon & raspberry doughnut pudding

■ Heat the oven to 200C/180C fan/gas 6 and **butter** a 20cm square baking dish. Quarter **8 raspberry jam doughnuts** and arrange in overlapping layers in the prepared dish. Scatter over **100g raspberries**. Heat **500ml shop-bought fresh custard** with **250ml whole milk** until steaming, then whisk in **150g lemon curd**. Pour the lemon custard over the doughnuts, then leave to soak for 30 mins, with some of the doughnuts sticking out so they'll crisp when baked. Scatter over **50g raspberries** and bake for 35-40 mins, until golden brown and just set. Serves 8

Saucy chocolate pud

■ Heat oven to 180C/160C fan/gas 4. **Butter** a 2-litre baking dish and put the kettle on. Tip **250g self-raising flour**, **140g caster sugar**, **50g cocoa powder**, **1 tsp baking powder**, the **zest of 1 orange** and a pinch of salt into a large bowl. Whisk together the juice of 1 orange, **3 eggs**, **100g melted butter** and **150ml milk**, pour over the dry ingredients and mix until smooth. Stir in **100g chopped chocolate**. Mix 300ml boiling water with **200g light muscovado sugar** and 25g cocoa powder. Pour over the pudding batter – don't worry, it will look strange at this stage. Bake for 30 mins until the surface looks firm, risen and crisp. As you spoon into serving bowls, you should find a glossy, rich chocolate sauce underneath the sponge. Serves 8



Baked lemon & vanilla rice pudding

Baked rosemary custard

■ Bring **600ml milk** and **2 rosemary sprigs** to the boil. Remove from the heat and leave to infuse for 15-20 mins. Strain. Heat the oven to 180C/160C fan/gas 4. Whisk **2 whole eggs plus 2 yolks** with **4 tbsp maple syrup**. Pour over the milk, whisking. Pour into a 1.2-litre baking dish and put in a roasting tin. Fill the tin with warm water so it comes halfway up the sides. Bake for 1 hr until just set. Serves 4

Milk jelly

■ Soak **4 sheets leaf gelatine** in cold water for 10 mins. Bring **600ml milk** and **50g sugar** to the boil slowly, stirring to dissolve. Remove from the heat and stir in **2 tsp vanilla extract**. Squeeze the gelatine dry and stir into the milk to dissolve. Pour into four 150ml moulds. Chill for 3 hrs until set. Serve with **canned apricots** or **300g raspberries** mashed with **icing sugar** to make a sauce. Makes 4

Puzzles

Get into practice for the Federation Quiz, with these quite easy general knowledge questions – answers next week.

- 1. Alongside former President Frederik Willem de Klerk, which then President of South Africa won a Nobel prize for their work to peacefully end apartheid in the country?
- 2. How many cards are there in a pack of cards (not incl. jokers)?
- 3. What does www stand for?
- 4. What Saints Day is celebrated (particularly in Ireland) on 17th March each year?
- 5. Where might you find Tower Bridge and Buckingham Palace, amongst many other landmarks?
- 6. What is the name of Mickey Mouse’s partner?
- 7. What country is famous for inventing the Taco, Burrito and Quesadilla?
- 8. Who is the South African born CEO of SpaceX and the brains behind Tesla?
- 9. What animal is Pumbaa in the Lion King?
- 10. What company is responsible for the iPhone, iPad and iWatch and many other products?

The puzzle below is, in two words: lovely jubbly! Oi-Oi! Look for the *Only Fools*-related words in the grid. All are hidden in the usual way, except one – which one? Figure it out and everyfink’ll be cushty, Rodders.

- BOYCIE
- CASSANDRA
- DAMIEN
- DEL BOY
- DENZIL
- GRANDAD
- MARLENE
- MICKEY PEARCE
- MIKE
- NAG’S HEAD
- PECKHAM
- RAQUEL
- RELIANT REGAL
- RODNEY
- SLATER
- TRIGGER
- UNCLE ALBERT
- ‘YOU PLONKER!’

SEARCH ME!

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Y | G | Z | N | P | F | D | N | F | P | Y | R | R | P | G |
| L | D | R | J | I | Q | G | M | E | M | E | M | A | D | T |
| F | V | O | Q | B | H | U | C | U | L | I | P | Q | E | R |
| E | G | D | A | V | K | K | N | I | M | X | K | U | N | E |
| Y | R | N | G | M | H | P | A | D | V | X | A | E | Z | B |
| O | A | E | I | A | A | N | G | I | W | N | H | L | I | L |
| B | N | Y | M | R | T | R | Y | F | F | M | V | P | L | A |
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| E | A | R | E | D | J | K | I | E | O | C | A | Z | G | L |
| D | D | G | S | C | P | O | N | R | N | K | M | L | P | C |
| P | A | P | P | Q | G | X | F | O | W | E | C | U | D | N |
| L | N | N | E | I | M | A | D | L | L | Y | M | F | F | U |
| H | A | R | D | N | A | S | S | A | C | P | M | X | V | O |
| K | N | K | T | R | I | G | G | E | R | E | U | I | E | Z |
| K | B | O | Y | C | I | E | N | X | I | A | J | O | O | X |
| N | F | A | J | X | X | D | G | T | N | R | A | T | Y | C |
| Y | O | J | S | G | Q | P | N | S | N | C | W | E | P | J |
| I | N | A | G | S | H | E | A | D | M | E | N | K | A | R |

As I have said in the news bulletin, we are constantly trying to retain and recruit new members and our new taster membership is proving very successful. Remember we also need members, new or old, to join our Board, Events and Opportunities Committee and Membership and Public Affairs Committee. We have a great group of ladies but we are always looking for new associates, perhaps you could bring fresh, innovative or original ideas to the Federation. If you would like to observe a meeting please contact the office. We are now holding Board and Events and Opportunities meetings every month, Membership and Public Affairs is every 2 months.

Thank you. Take care and stay safe and well

Margaret Carter - Chairman - Tyne and Wear South Fed of WI's

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<https://www.youtube.com/watch?v=nUJV-9wvdB8>

For information and support on domestic abuse, contact:

- **Police:** 999 press 55 when prompted if you can't speak
- **Refuge UK wide 24-hour helpline:** 0808 2000 247